

GWDRC Youth Fall Cross Country & Hampton Roads Youth Cross Country Race Series

Greater Williamsburg Distance Running Club



Greater Williamsburg Distance Running Club (GWDRC) was established in 2014 and has gradually grown to promote distance running and now pole vault in the Greater Williamsburg area. We have club practices and promote running with free or low-cost cross country and track youth races.

What: GWDRC will be hosting a **full cross-country season** from September to early November including a **3 race series**.

Starts: Wednesday, September 7th, 2022

Cost: \$100 (T-shirt, all practices, and entry into 3 races)

Need-based scholarships are available.

Who: Girls and Boys 3rd to 8th grade

Where: Green Spring Trail and Jamestown HS Track

We would like to divide our group up into 3 groups:

Beginners (no experience), Intermediate (can run for 15 minutes easily with no rest), and Advanced Runners (Can run a 5k in under 30 minutes)

Practice Dates: (Most Mondays, Wednesdays, and Fridays) 5-6 pm.

Sept 7, 9, 12, 16, 19, 23, 26, 28, 30,
Oct 3, 5, 7, 10, 12, 14, 17, 19, 21, 24, 26, 28
Nov 2, 4.

Races: Hampton Roads Youth XC Race #1 - Wednesday, October 5th 6:15 pm

Hampton Roads Youth XC Race #2 - Wednesday, October 12th 6:15 pm

Hampton Roads Youth Championship Race - Saturday, November 5th 9:30 am

GWDRC is 501c3 nonprofit that focuses on youth running development in the sport of Cross Country and Track & Field it was founded in 2014.

All members must be part of AAU and have renewed their membership prior to the first day of practice. Current memberships expire on August 31st, 2022.

\$14.00 AAU membership

HOW TO SIGN UP FOR AAU:

- 1) Sign up for AAU (\$14.00)
- 2) Our Club Membership # is W3486W - Greater Williamsburg Distance Running: **\$14.00**
- 3) Sign up at this link Club <https://play.aausports.org/login.aspx> using the club number.

Team website: www.qwrun.org

Sign up at:

<https://runsignup.com/Club/VA/Williamsburg/GreaterWilliamsburgDistanceRunningClubandPoleVault>

Practice Locations: Green Spring Trail/Jamestown HS track
Questions: Contact Club Coach Mark Tompkins at MarkTompkins1@gmail.com or 757 784-2281
